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Brochures

Putting Food on the Table

2021

About Us / Purpose

Putting Food on The Table Project
Sheridan College

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About Us

Food for Life is a supplementary food service that rescues and redistributes good, fresh, nutritious foods to help clients lower the cost of their groceries.

We proudly are a volunteer-powered, grassroots-driven organization led by a small staff.



Food for Life utilizes approximately

800 volunteers

from the community to mobilize our mission.

Food for Life thrives on the spirit of teamwork with an unparalleled network of support from individuals, corporations and foundations in the Halton Region – we are defined by our collaboration.

Our Vision

For everyone to have access to healthy food.



Food for Life
2258 Moutainside Drive
Burlington Ontario,
L7P1B7
905.635.1106



Sheridan | Centre for Elder Research

food for life



food for life



FOOD RESCUE PROCESS



73,892

Food Bags

provided in community in 2021

Rescue

Food for Life picks up food from different suppliers throughout the week and brings everything back to our warehouse to be sorted and redistributed.

Since our inception in 1995, Food for Life has rescued over 26 million pounds of food by collecting surplus perishable food (fruit and vegetables, dairy, meat and prepared foods) from both retail and wholesale food suppliers and grocery stores. We are the largest food rescue organization in Halton and Hamilton.

Sort

All food is collected, sorted, and packaged at the Food for Life warehouse.

Our team of volunteers works to ensure that good food is packaged and distributed efficiently to preserve freshness.

Deliver

The rescued and packaged food is then loaded onto our delivery trucks and delivered to friends and neighbours weekly.

Food for Life holds a unique niche among Canadian food relief charities in that we focus on redistributing fresh, good food. Our clients tell us that they are often not able to afford fresh food and that having access to this healthy food allows them to focus on obtaining other life essentials as they work towards no longer relying on our services.

Best Before Dates

Did you know Best Before does not mean Bad After?

Best before date means the anticipated amount of time that an unopened food product, when stored under appropriate conditions, will retain its: freshness, taste, nutritional value, or any other qualities claimed by the manufacturer.